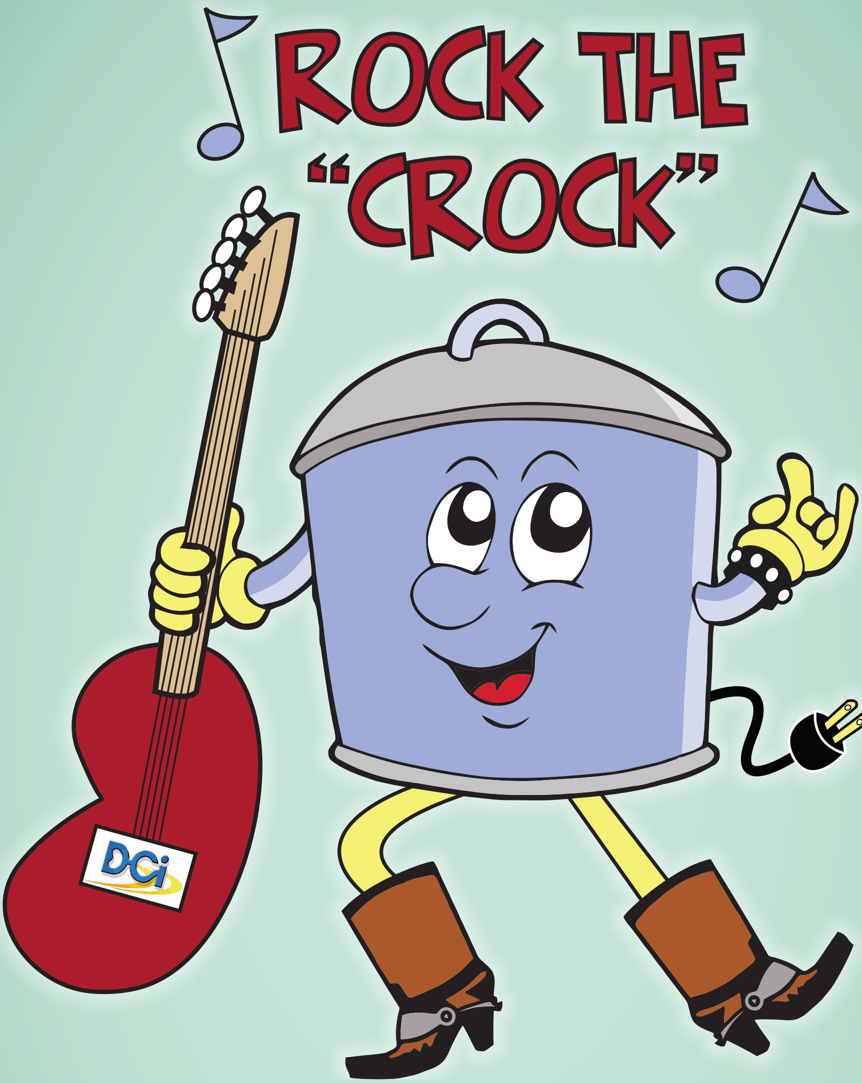


Renal Friendly Slow Cooker Recipes

CHILDREN'S DIALYSIS OF CENTRAL TEXAS
AUSTIN, TEXAS 78723

Preface

This cookbook was born from an idea to help those on dialysis and their loved ones prepare nutritious, delicious, affordable and convenient meals. All of the recipes in this book are prepared using a slow cooker and have been modified by our team to meet the needs of those on dialysis. Our recipes are compiled from our own favorites and from DCI colleagues around the country.

All persons on dialysis or with altered kidney function should use this book with the supervision of their dietitian and health care team. Further specific modifications may be necessary to meet individual nutritional and medical needs.

We also wish to thank all of our patients and DCI colleagues from around the country who contributed the recipes to make this project a success.

August 2013

This book is dedicated to our littlest patients who inspire us every day.



Acknowledgements

We wish to thank Dialysis Clinic, Inc. for funding this project as part of the 2013 Purpose Project. Dialysis Clinic, Inc. (DCI) operates more than 200 dialysis clinics in 27 states and provides inpatient care in hospitals throughout the United States. Founded in 1971 in Nashville, TN, we are the largest non-profit dialysis provider in the US. We exist to meet the needs of the community. We strive to make our service available wherever needed and we support and conduct research in dialysis, organ procurement, and transplantation in order to benefit kidney patients. We also promote professional and public education regarding kidney disease. To date, DCI has given over $190 million to support research and education.

Slow Cooker Safety Precautions

Read all instructions included with your slow cooker before the first use. Save instructions for future reference.

Close supervision is important when a slow cooker is used near children.

Food cooked in a slow cooker needs to each and maintain an internal temperature of 165 degrees Fahrenheit.

Cook with the lid on for the recommended total time. Removing the lid causes a loss of heat and food temperature to decrease.

If your slow cooker has an automatic timer, do not delay the starting time for more than one hour. Uncooked or well chilled food cannot be held at room temperature for more than one hour.

Thaw frozen meats before cooking in the slow cooker.

Place your slow cooker on a flat non-flammable surface. Do not place the slow cooker on your stove top.

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Chicken Recipes





Herbed Chicken with Veggies

SERVINGS: 4 *serving size: 2 chicken thighs and ½ cup of vegetables*

INGREDIENTS

1 cup sliced carrots, fresh or frozen
2 cups green beans, fresh or frozen
½ cup diced onion
8 bone-in chicken thighs
½ cup reduced-sodium chicken broth
2 teaspoons Worcestershire sauce
1 teaspoon no-salt herb seasoning blend
1 teaspoon dried oregano
*if you prefer white meat, substitute ½ large chicken breast for 1 chicken thigh

DIRECTIONS

Place carrots, green beans and onions in the slow cooker.

Arrange chicken on top of vegetables.

Pour broth over chicken, top with Worcestershire sauce, herbs, and seasoning.

Cover and cook on LOW heat for 6 hours.

Serve with white rice or rolls.

NUTRITION PER SERVING

205 calories
6 grams fat
31 grams protein
5 grams carbs
179 mg sodium
555 mg potassium
269 mg phosphorus

Roasted Citrus Chicken

SERVINGS: 8

INGREDIENTS

1 Tablespoon olive oil
2 cloves garlic, minced
1 teaspoon Italian seasoning
½ teaspoon black pepper
8 chicken thighs
2 cups chicken broth, reduced sodium
3 Tablespoons lemon juice
*if you prefer white meat, substitute ½ large chicken breast for 1 chicken thigh

DIRECTIONS

Heat oil in large skillet.

Add garlic and seasonings.

Add chicken breasts and brown on all sides.

Place chicken in slow cooker and add the chicken broth.

Cook on LOW heat for 6 to 8 hours.

Add lemon juice at the end of the cook time.

NUTRITION PER SERVING

265 calories
19 grams fat
21 grams protein
1 grams carbs
99 mg sodium
262 mg potassium
178 mg phosphorus

Chicken with Asian Vegetables

SERVINGS: 8

INGREDIENTS

- 2 Tablespoons canola oil
- 6 boneless chicken breasts or thighs
- 1 cup low-sodium chicken broth
- 3 Tablespoons reduced sodium soy sauce
- ¼ teaspoon crushed red pepper flakes
- 1 garlic clove, crushed
- 1 can (8ounces) water chestnuts, sliced and rinsed (optional)
- ½ cup sliced green onions
- 1 cup chopped red or green bell pepper
- 1 cup chopped celery
- ¼ cup cornstarch
- ⅓ cup water
- 3 cups cooked white rice

*if you prefer white meat, substitute ½ large chicken breast for 1 chicken thigh

DIRECTIONS

Heat oil in a pan and brown chicken on all sides.

Add chicken to slow cooker with the rest of the ingredients except cornstarch and water.

Cover and cook on LOW for 6 to 8 hours.

After 6-8 hours, separately stir together cornstarch and cold water until smooth. Slowly add into the slow cooker.

Then turn on high for about 15 minutes until thickened. Don't completely close lid on slow cooker to allow steam to escape.

Serve Asian mixture over rice.

NUTRITION PER SERVING

415 calories
20 grams fat
20 grams protein
36 grams carbs
343 mg sodium
396 mg potassium
200 mg phosphorus

King Ranch Casserole

SERVINGS: 8

INGREDIENTS

- 4 cups chopped, cooked chicken
- 1 large onion, chopped
- 1 large green bell pepper, chopped
- 1 cup low sodium chicken broth
- 1 cup cream of mushroom soup, reduced sodium
- 1 cup canned diced tomatoes, no salt added
- 1 4 oz. can green chilies
- 2 garlic cloves, minced
- 2 teaspoons chili powder
- 1 Tablespoon cornstarch plus 1 cup water (stirring until smooth)
- 12 (6 inch) corn tortillas
- ½ cup shredded sharp cheddar cheese

DIRECTIONS

Stir together all ingredients except tortillas and cheese in a large bowl.

Tear tortillas into 1 inch pieces; divide into thirds. Layer one-third of tortilla pieces in a lightly greased 6 quart slow cooker.

Top with ⅓ of the chicken mixture and about ⅓ of the cheese.

Repeat layers twice.

Cover and cook on LOW for 3 ½ hours or until bubbly and edges are golden brown.

Uncover and cook on LOW for additional 30 minutes.

Top with sour cream if desired.

NUTRITION PER SERVING

268 calories
7 grams fat
27 grams protein
25 grams carbs
307 mg sodium
532 mg potassium
317 mg phosphorus

Southern Chicken and Grits

SERVINGS: 4 *Serving size: 1 ½ cup servings*

INGREDIENTS

- 1 ¾ cups fat-free reduced sodium chicken broth
- 6 Tablespoons corn grits, uncooked
- 1 Tablespoon olive oil
- 1 small onion, diced
- 1 medium clove garlic, minced
- 1 cup sliced mushrooms
- 1 medium jalapeno pepper, seeded and minced
- 1 medium red bell, chopped
- ¼ teaspoon ground cumin
- ¼ teaspoon black pepper
- 1 pound boneless, skinless chicken thighs, cut into 1-inch chunks

DIRECTIONS

Place broth in a 3- to 5-quart slow cooker. Slowly add grits, stirring constantly, to avoid lumps, set slow cooker aside.

Heat oil in a large skillet over medium-high heat.

Add onion, garlic, mushrooms, jalapeno and red pepper; sauté stirring frequently, for about 5 minutes.

Add vegetables to slow cooker, along with cumin and pepper, stir together mixture.

Add chicken thighs on top.

Cover and cook on LOW for 6 to 8 hours.

NUTRITION PER SERVING

259 calories
9 grams fat
27 grams protein
17 grams carbs
132 mg sodium
534 mg potassium
269 mg phosphorus

Chicken Adobo

SERVINGS: 6

INGREDIENTS

- 4 medium yellow onions, halved and thinly sliced
- 4 medium garlic cloves, smashed and peeled
- 1 (5-inch) piece fresh ginger, cut into 1-inch pieces
- 1 bay leaf
- 3 pounds bone-in chicken thighs
- 3 Tablespoons reduced sodium soy sauce
- ¼ cup rice vinegar (not seasoned)
- 1 Tablespoon granulated sugar
- ½ teaspoon freshly ground black pepper

DIRECTIONS

Place the onions, garlic, ginger, and bay leaf in an even layer in the slow cooker.

Remove and discard the skin from the chicken.

Arrange the chicken in an even layer on top of the onion mixture.

Whisk the soy sauce, vinegar, sugar, and pepper together in a medium bowl and pour it over the chicken.

Cover and cook on LOW for 8 hours.

Remove and discard the ginger pieces and bay leaf.

Serve with steamed rice.

NUTRITION PER SERVING

318 calories
9 grams fat
14 grams protein
44 grams carbs
314 mg sodium
328 mg potassium
160 mg phosphorus

Bill Hunter's Chicken and Dumplings

SERVINGS: 8

INGREDIENTS

- 8 boneless,skinless chicken thighs
- 4 Tablespoons olive oil
- 2 onions, chopped
- 2 celery stalks, cut into 1 inch pieces
- 2 carrots, peeled and cut into one inch pieces
- 2 stems thyme leaves
- 1 small turnip (diced)
- ¼ cup flour
- 3 cups low sodium chicken broth
- 1 cup water
- ½ cup white wine

DUMPLINGS

- 2 cups flour
- 1 Tablespoon low sodium baking powder
- 1 cup rice milk (not enriched)
- 4 Tablespoons melted butter

DIRECTIONS FOR THE STEW

Heat 2 Tablespoons oil in a large skillet over medium high heat.

Sear the chicken on each side until it is brown, around 4 minutes per side. Transfer to slow cooker.

Add remaining oil to skillet. Add onions, celery and carrots and cook until slightly tender, about 5 minutes.

Sprinkle with flour and poultry seasoning and stir until coated.

Stir in wine and one cup of the broth and stir until simmering.

Pour everything from the skillet into the slow cooker.

Add remaining broth, cover and cook on LOW for 6 hours.

After 6 hours, remove chicken from cooker and shred into bite sized pieces with two forks. Return chicken to cooker and stir.

DIRECTIONS FOR THE DUMPLINGS

Mix dry ingredients together in medium mixing bowl.

Stir in milk and butter until combined evenly.

After the slow cooker has cooked for 6 hours, drop ¼ cup amounts of dumpling dough around the edges of the slow cooker (you should have about 8 dumplings).

Cover slow cooker and continue cooking on LOW for an additional hour.

NUTRITION PER SERVING

492 calories	36 grams carbs	583 mg potassium
28 grams fat	122 mg sodium	342 mg phosphorus
21 grams protein		

Rachel O'Peter's Chicken and Veggie Soup

SERVINGS: 8

INGREDIENTS

- 4 cups cooked and chopped chicken
- 7 cups reduced sodium chicken broth
- 1 pound frozen white corn
- 1 medium onion diced
- 4 cloves garlic minced
- 2 carrots peeled and diced
- 2 celery stalks chopped
- 2 teaspoons oregano
- 2 teaspoon curry powder
- ½ teaspoon black pepper

DIRECTIONS

Add all ingredients into slow cooker.

Cook on LOW for 8 hrs.

Serve over cooked white rice.

NUTRITION PER SERVING

220 calories	19 grams carbs	578 mg potassium
7 grams fat	133 mg sodium	252 mg phosphorus
24 grams protein		

Pesto Chicken

SERVINGS: 6

INGREDIENTS

3 chicken breast fillets
6 ounce jar of pesto
½ cup of reduced sodium chicken (or veggie) broth

DIRECTIONS

Place chicken breasts at the bottom of the slow cooker.

Pour pesto over the chicken and spread to coat the tops of the chicken.

Pour in ½ cup chicken broth.

Cook on LOW for 6-8.

Serve over cooked pasta.

NUTRITION PER SERVING

278 calories
18 grams fat
28 grams protein
1 grams carbs
398 mg sodium
454 mg potassium
254 mg phosphorus

Spicy Coconut Curry Chicken

SERVINGS: 4

INGREDIENTS

2 boneless chicken breasts (fresh or frozen)
¼ cup chopped green onions
1 (4 ounce) can diced green chili peppers
2 Tablespoons minced garlic
1 ½ Tablespoons curry powder
1 Tablespoon chili powder
1 teaspoon cumin
½ teaspoon cinnamon
1 Tablespoon lime juice
1 ½ cup water
1 (7 ounce) can coconut milk
1 cup dry white rice
Chopped cilantro, for garnish

DIRECTIONS

Combine all ingredients except coconut milk and rice in the slow cooker.

Cover and cook on LOW for 7-9 hours.

After cooking time, shred chicken with a fork, stir in coconut milk and dry rice.

Turn the slow cooker to HIGH and cook for an additional 30 minutes, or until the rice has absorbed the liquid and is cooked.

Serve hot and garnish with cilantro.

NUTRITION PER SERVING

270 calories
19 grams fat
20 grams protein
7 grams carbs
180 mg sodium
414 mg potassium
223 mg phosphorus

Chicken Enchilada Casserole

SERVINGS: 8

INGREDIENTS

9 corn tortillas, 6-inch
2 cups cooked diced chicken
1 -16 ounce bag frozen corn
1 teaspoon chili powder
¼ teaspoon ground black pepper
1 can (4 ounces) chopped green chili peppers, mild
1 cup shredded Mexican blend cheese
1 cup green chili salsa
1 can (15 ounces) no sodium black beans, rinsed and drained,
½ cup sour cream

DIRECTIONS

Spray slow cooker with cooking spray. Place 3 tortillas in bottom of slow cooker.

Top tortillas with half of the chicken, the corn, about half of the seasonings, and half of the chili peppers.

Sprinkle with half of the shredded cheese and pour about ½ cup salsa over the cheese.

Repeat with 3 more tortillas, the black beans, remaining chicken, seasonings, chili peppers, and cheese.

Top with remaining tortillas and salsa.

Cover and cook on LOW for 5 to 6 hours.

Serve warm and can add one Tablespoon of sour cream on each plate.

NUTRITION PER SERVING

308 calories
10 grams fat
20 grams protein
37 grams carbs
381 mg sodium
514 mg potassium
345 mg phosphorus

Orange Chicken

SERVINGS: 8

INGREDIENTS

8 bone-in chicken thighs
⅓ cup flour
1 Tablespoon balsamic vinegar
1 Tablespoon ketchup
4 ounces orange juice
1 Tablespoon brown sugar
medium onion, chopped
medium bell pepper, chopped

DIRECTIONS

Place chicken and flour into a plastic bag, shake to coat.

Add coated chicken to the slow cooker.

Mix the orange juice, brown sugar, vinegar, and ketchup together into a bowl.

Pour sauce into the slow cooker over the chicken and mix.

Cook on LOW 6-8 hours.

Pull chicken off of the bone and serve over white rice with some of the sauce.

NUTRITION PER SERVING

236 calories
15 grams fat
17 grams protein
8.4 grams carbs
94 mg sodium
273 mg potassium
153 mg phosphorus

Balsamic Chicken Thighs

SERVINGS: 8

INGREDIENTS

8 chicken thighs
1 teaspoon garlic powder
1 teaspoon dried basil
½ teaspoon salt
½ teaspoon pepper
2 teaspoons dried minced onion
4 garlic cloves, minced
1 Tablespoon olive oil
½ cup balsamic vinegar
Fresh chopped parsley

DIRECTIONS

Combine the first five dry spices in a small bowl and spread over chicken on both sides. Set aside.

Pour olive oil and garlic on the bottom of the slow cooker.

Place chicken on top.

Pour balsamic vinegar over the chicken.

Cover and cook on LOW for 6-8 hours.

Sprinkle with fresh parsley on top. Serve over noodles.

NUTRITION PER SERVING

230 calories
16 grams fat
16 grams protein
3 grams carbs
75 mg sodium
204 mg potassium
142 mg phosphorus

Honey Sesame Chicken

SERVINGS: 6

INGREDIENTS

6 skinless chicken thighs
1 Tablespoon olive oil
½ cup honey
2 Tablespoon sesame seeds
¼ cup light low sodium soy sauce
¼ cup water
1 Tablespoon sesame oil
1 teaspoon pepper
1 (10 ounce) package frozen broccoli

DIRECTIONS

Place all ingredients in freezer bag, toss to coat.

Place in slow cooker and cook on LOW for 4-5 hours.

Remove chicken & shred, and then return to sauce.

Serve over hot cooked rice.

NUTRITION PER SERVING

247 calories
9 grams fat
16 grams protein
28 grams carbs
378 mg sodium
263 mg potassium
159 mg phosphorus

Tropical Pineapple Chicken

SERVINGS: 6 *serving size: 1 chicken thigh with sauce and ½ cup rice*

INGREDIENTS

- 6 skinless, boneless chicken thighs (1-½ pounds)
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- 2 Tablespoons olive oil
- 1 (20-ounce) can pineapple, mashed and canned in unsweetened juice
- 2 Tablespoons brown sugar, packed
- 2 Tablespoons low-sodium soy sauce
- ½ teaspoon hot sauce
- 2 Tablespoons cornstarch
- 3 Tablespoons water
- ¼ cup green onions
- 3 cups cooked rice

DIRECTIONS

Sprinkle both sides of chicken thighs with pepper and garlic powder.

Heat oil in a large skillet over medium-high heat. Add chicken to skillet and cook 2-3 minutes on each side, until browned.

Coat 4-quart slow cooker with cooking spray, transfer chicken inside.

Drain pineapple juice from canned pineapple. Stir the juice into skillet drippings, and scrape to loosen browned chicken bits.

Remove skillet from heat and stir in brown sugar, soy sauce and hot sauce.

Add 1 cup of the pineapple chunks. Pour mixture over chicken thighs in slow cooker.

Cover and cook on LOW heat 6-8 hours.

After cooking time, remove chicken from slow cooker and turn heat to the high setting.

In a separate bowl combine cornstarch and 3 Tablespoons water. Stir into the slow cooker sauce. Cook for 2 minutes or until sauce thickens, stirring constantly with a whisk.

Add green onions and stir to coat.

Serve each chicken thigh over ½ cup rice.

NUTRITION PER SERVING

283 calories
8 grams fat
16 grams protein
36 grams carbs
273 mg sodium
324 mg potassium
156 mg phosphorus

Hawaiian Chicken and Rice

SERVINGS: 11 *serving size: 1 cup*

INGREDIENTS

- 6-inch piece ginger, chopped into one-inch pieces
- 2 medium carrots, chopped into half-inch pieces
- 2 cup uncooked white rice, rinsed
- 1 pound boneless skinless chicken thighs, cut into one-inch cubes
- 7 cups no/low sodium chicken broth
- 1 Tablespoon oyster flavored sauce
- 1 Tablespoon low sodium soy sauce
- 1 Tablespoon sesame oil
- 1 small green cabbage, chopped into bite- sized pieces
- 12 medium green onions, chopped into one-inch pieces
- Cilantro

DIRECTIONS

Refrigerate chopped cabbage, green onions, and Chinese parsley (optional) until ready to use.

In slow cooker, combine ginger, carrots, rice, chicken, and cover with chicken broth.

Cover slow cooker and cook on LOW for 7-9 hours.

During the last 1 hour of cooking, open slow cooker and mix in cabbage and green onions. Cover and cook for 1 hour.

Add oyster sauce, soy sauce, cilantro, and sesame oil into pot before serving.

Serve with canned pineapple if desired

NUTRITION PER SERVING

371 calories
6 grams fat
25 grams protein
54 grams carbs
229 mg sodium
622 mg potassium
272 mg phosphorus

40 Clove Garlic Chicken

SERVINGS: 8

INGREDIENTS

1 cup low sodium chicken broth
3 Tablespoons dry white wine
1 (3 pound) whole chicken, skinned and cut into 8 pieces
1 Tablespoon olive oil
1 teaspoon no salt seasoning blend
⅛ teaspoon freshly ground black pepper
40 garlic cloves, peeled (about 4 whole heads)
2 teaspoons fresh thyme leaves
4 teaspoons chopped fresh parsley (optional)

DIRECTIONS

Combine broth and wine in a small bowl.

Discard giblets and neck from chicken. Rinse chicken and pat dry.

Heat oil in skillet over medium-high heat. Sprinkle chicken pieces evenly with pepper and add to pan; cook 2 ½ minutes on each side or until golden.

Remove chicken from pan and place in slow cooker.

Add garlic to drippings in pan and sauté 1 minute or until garlic begins to brown.

Add broth mixture to the pan, scraping the pan to loosen browned bits. Bring sauce to a boil for 2 minutes

Pour sauce in the slow cooker over the chicken, sprinkle with thyme.

Cover and cook on LOW for 6 - 8 hours or until chicken is done.

Serve sauce and garlic with chicken. Garnish with chopped parsley, if desired.

NUTRITION PER SERVING

246 calories
7 grams fat
37 grams protein
5 grams carbs
138 mg sodium
467 mg potassium
323 mg phosphorus

Shredded Chicken Taco Filling

SERVINGS: 10

INGREDIENTS

2 cups diced onions
2 ¼ pounds boneless, skinless chicken breast
½ cup lime juice
1 teaspoon ground coriander
2 ½ teaspoons cumin
2 teaspoons garlic powder
1 Tablespoon smoked paprika
1 ½ teaspoon chili powder

DIRECTIONS

Spray the bottom and sides of a slow cooker with cooking oil.

Place onions on the bottom of the slow cooker; add chicken, lime juice and spices.

Cook on LOW for 8 hours or until the chicken is done;

Shred chicken with 2 forks.

May serve on flour tortillas and top with lettuce and sour cream if desired.

NUTRITION PER SERVING

117 calories
3 grams fat
22 grams protein
5 grams carbs
127 mg sodium
467 mg potassium
231 mg phosphorus

Monica M's Cream Cheese Chicken Chili

(UT Nutrition Professor)

SERVINGS: 4

INGREDIENTS

1 cup canned black beans, no salt added
2 chicken breasts, cut in half
4 ounces cream cheese spread
2 cups frozen sweet corn
1 (4ounce) can green chilies
1 cup low sodium chicken broth
1 teaspoon cumin
1 Tablespoon chili powder
1 teaspoon onion powder

DIRECTIONS

Drain and rinse black beans.

Place chicken at bottom of slow cooker, pour in corn, green chilies, broth and black beans.

Top with seasonings and stir together.

Place cream cheese on top.

Cover with lid and cook on LOW for 6-8 hours.

Stir cream cheese into chili.

Use 2 forks to shred chicken. Stir together and serve.

NUTRITION PER SERVING

275 calories
11 grams fat
19 grams protein
27 grams carbs
361 mg sodium
563 mg potassium
251 mg phosphorus

Robin D's Rotisserie Chicken (DCI)

SERVINGS: 8 *serving size: 1 leg or 1 thigh or ½ breast*

INGREDIENTS

1 (3 pound) chicken, cleaned with fat removed
2 teaspoon. smoked paprika
½ teaspoon. pepper
½ teaspoon. garlic powder
½ teaspoon. dried basil
½ teaspoon. dried oregano
1 lemon

DIRECTIONS

Make 3-5 aluminum foil balls and place in the bottom of the slow cooker.

Mix together all of the spices and add the juice of the lemon.

Rub the spice rub all over the chicken.

Stuff the lemon into the chicken cavity and place on top of the aluminum foil balls.

Cook on LOW for 8 hours.

NUTRITION PER SERVING

250 calories
17 grams fat
21 grams protein
1 gram carbohydrate
81 mg sodium
226 mg potassium
170 mg phosphorus

Cathie F's Chicken with Rice (DCI)

SERVINGS: 8

INGREDIENTS

1 (2 ½ pound) whole chicken
2 ½ cups low sodium chicken broth
pepper
garlic powder
4 cups cooked white rice

DIRECTIONS

Clean chicken and remove giblets from the inside.

Put the chicken in the slow cooker. Add broth, pepper, and garlic powder to taste

Cook on LOW for 5-6 hours.

Cut chicken into 8 pieces and serve each with ½ cup of rice and some broth.

NUTRITION PER SERVING

260 calories
5 grams fat
33 grams protein
18 grams carbs
131 mg sodium
416 mg potassium
295 mg phosphorus

Cathie F's Honey Baked Chicken (DCI)

SERVINGS: 8 *serving size: ½ chicken breast*

INGREDIENTS

4 large chicken breasts
1 Tablespoons vegetable oil
½ cup honey
¼ cup mustard
1 teaspoon curry powder

DIRECTIONS

Put the chicken breasts on the bottom of the slow cooker and pour the sauce over the chicken.

Cover and cook on LOW for 5-6 hours.

May serve with dinner rolls and salad.

NUTRITION PER SERVING

235 calories
10 grams fat
19 grams protein
18 grams carbs
144 mg sodium
217 mg potassium
161 mg phosphorus

Nancy's Chicken Chili (DCI)

SERVINGS: 11

INGREDIENTS

2 pounds ground chicken, coarsely preferred
3 Tablespoons chili powder, plus 2 teaspoons
1 cup diced canned tomatoes, no salt added
3 ½ cups low sodium chicken broth can no salt broth
¼ cup pearl tapioca dry
2 chipotle chilies chopped
2 Tablespoons low sodium soy sauce
1 Tablespoon onion powder
2 teaspoons granulated garlic
1 teaspoon dried oregano
1 teaspoon ground cumin
½ teaspoon ground cinnamon
Pinch ground cloves
¾ cup sour cream
5 ½ cups cooked rice (about 2 ½ cups dry rice)

DIRECTIONS

Put the chicken in the slow cooker.

Add 3 Tablespoons of chili powder and all of the rest of the ingredients.

Stir everything together, cover, and cook on LOW for 6 to 8 hours.

Just before serving, stir in the remaining 2 teaspoons of chili powder and ground pepper to taste. Pour in bowls with ½ cup cooked rice and 1 Tablespoon of sour cream in each.

NUTRITION PER SERVING

289 calories
11 grams fat
19 grams protein
29 grams carbs
219 mg sodium
640 mg potassium
233 mg phosphorus

Pork Recipes





Pork Tenderloin with Apple Cranberry Sauce

SERVINGS: 8

INGREDIENTS

2 pound pork tenderloin
2 Tablespoons brown sugar
2 Tablespoons cider vinegar
1 teaspoon ginger
1 teaspoon cinnamon
¼ teaspoon red pepper flakes
1 cup canned cranberry sauce
3 medium granny smith apples, peeled and chopped

DIRECTIONS

Season pork with salt and pepper and place in slow cooker.

Mix all ingredients, pour over the pork.

Cover and cook on LOW for 6-8 hours or until pork is tender.

NUTRITION PER SERVING

228 calories
4 grams fat
24 grams protein
24 grams carbs
70 mg sodium
519 mg potassium
285 mg phosphorus

Ancho Chili and Lime Pork

SERVINGS: 12

INGREDIENTS

Plantain leaves (optional)
4 pounds pork shoulder,
Ancho chili paste (5 dried ancho chili peppers, 2 cups hot water, see directions below)
2 ½ cups lime juice
1 medium white onion, chopped
1 medium red onion, chopped
6 cups cooked white rice (about 3 cups dry rice)
Cilantro

DIRECTIONS

Line the slow cooker with 2 plantain leaves. Put one across it long ways and one sideways (optional).

Place the pork shoulder on top of the leaves.

Prepare ancho chili paste as follows:

Pour hot water over five dried ancho chili peppers.

Soak until chili peppers are soft.

Rinse chili peppers, discard stems and remove seeds.

Place in blender or food processor and grind into a paste.

Add more water if needed. Yields about 1 cup.

Combine 2 Tablespoons ancho chili paste in a bowl with 1 cup lime juice. Use a spoon to work into a slushy liquid.

Pour the ancho chili mixture over the top of the pork.

Chop up the white onion and layer it on top of the pork.

Wrap the plantain leaves over the top of the pork to seal it off and put the lid on the slow cooker.

Cook on LOW for 8-10 hours.

While meat is cooking, chop up the red onion and allow it to soak in lime juice to make pickled red onions.

When it is nearly time to eat, prepare the rice. Mix it with fresh cilantro and fresh lime juice.

Use the meat, onions, rice and fixings to make tacos.

NUTRITION PER SERVING

333 calories
10 grams fat
32 grams protein
27 grams carbs
127 mg sodium
626 mg potassium
373 mg phosphorus

Texas Green Chili Burritos

SERVINGS: 6 *serving size: ¾ cup stew, 1 tortilla*

INGREDIENTS

½ cup all-purpose white flour
1 Tablespoon garlic powder
1 teaspoon black pepper
1 pound lean pork chops, cut into bite size cubes
1 Tablespoon olive oil
2 4-ounce cans green chili peppers, rinsed, and diced
1 garlic clove, crushed
2 cups low-sodium chicken broth
6 (6-inch) tortillas
6 Tablespoons sour cream
¾ cup iceberg lettuce, shredded
¼ cup cilantro, chopped

DIRECTIONS

Combine and mix flour, garlic powder and black pepper in a large plastic bag.

Place pork in the bag and shake to coat well with flour mixture.

Heat olive oil in a large pan and brown pork.

Place browned pork, chili peppers, garlic and chicken broth into a slow cooker. Cook for 10 hours on LOW heat.

Serve ¾ cup of stew on a tortilla and roll burrito style.

Top with 1 Tablespoon sour cream, lettuce and cilantro.

NUTRITION PER SERVING

293 calories
10 grams fat
22 grams protein
27 grams carbs
407 mg sodium
491 mg potassium
272 mg phosphorus

Root Beer Pulled Pork

SERVINGS: 8

INGREDIENTS

1 (2 pound) pork tenderloin (pork shoulder or butt can also be used)
1 (12 ounce) can of root beer
¼ cup low sodium chicken broth
8 Tablespoons barbecue sauce, low sodium if available (spread on sandwich at end)

DIRECTIONS

Place the pork tenderloin in a slow cooker and pour the can of root beer over the meat.

Cover and cook on LOW for 6 hours or until pork shreds easily with a fork.

After pork has cooked, drain and discard the root beer.

Shred the pork and stir in an additional ¼ cup of broth before serving for additional moisture.

Serve on hamburger buns with 1 Tablespoon of barbeque sauce on each sandwich.

NUTRITION PER SERVING

370 calories
24 grams fat
27 grams protein
9 grams carbs
295 mg sodium
387 mg potassium
242 mg phosphorus

Apple Jelly Pork Shoulder

SERVINGS: 10

INGREDIENTS

2 large onions, sliced
1 (3 pound) boneless pork shoulder roast
pinch of pepper
1 cup of apple jelly
½ cup chicken broth reduced sodium
1 Tablespoons grainy mustard

DIRECTIONS

Arrange onion slices in the bottom of a large slow cooker.

Wash the roast and pat dry; leave it in its netting and place on the onions.

Combine remaining ingredients in a cup; pour over the roast.

Cover and cook on LOW 8 hours..

Serve with rolls and salad.

NUTRITION PER SERVING

270 calories
5 grams fat
31 grams protein
25 grams carbs
104 mg sodium
564 mg potassium
322 mg phosphorus

Pulled Pork Slow Cooker Style

SERVINGS: 10 *serving size: ½ cup meat*

INGREDIENTS

1 (3 pound) boneless pork shoulder
1 cup water
¼ cup vinegar
1 large onion, cut into slices
1 Tablespoon ground cumin
1 Tablespoon ground mustard
1 Tablespoon chili powder
½ cup brown sugar

DIRECTIONS

Place the pork shoulder into the slow cooker and cover with onions.

Mix the cumin, mustard, chili powder ad bown sugar with the vinear and waer. Pour the mixture over the pork and onions.

Cook on LOW until the pork is tender and falls apart easily, 8 to 10 hours.

Carefully remove the pork to a cutting board; shred the meat into strand using a pair of forks. Remove and discard any excess fat.

NUTRITION PER SERVING

255 calories
5 grams fat
31 grams protein
12 grams carbs
81 mg sodium
555 mg potassium
324 mg phosphorus

Rosemary Pork Sliders

SERVINGS: 10

INGREDIENTS

- 1 (1 ½ pound) boneless pork loin roast, trimmed
- ½ teaspoon freshly ground black pepper
- Cooking spray
- 1 cup water
- 1 cup reduced sodium chicken broth
- ½ cup vertically sliced shallots (2 large)
- 1 Tablespoon chopped fresh rosemary
- 4 garlic cloves, minced
- ½ cup canola mayonnaise
- 1 ½ teaspoons prepared horseradish
- 10 dinner rolls, toasted

DIRECTIONS

Sprinkle pork with pepper. Heat a large skillet over medium-high heat. Add pork; cook 3 minutes on each side or until browned.

Transfer pork to a 3-quart slow cooker coated with cooking spray.

Add 1 cup water, broth, shallots, rosemary, and garlic to slow cooker.

Cover and cook on LOW for 8 hours or until tender.

Remove pork from slow cooker; place in a bowl. Shred pork with 2 forks. Pour cooking liquid through a sieve into a bowl, reserving shallots and garlic.

Add ¾ cup strained cooking liquid, shallots, and garlic to pork; toss well. Discard remaining cooking liquid.

Combine mayonnaise and horseradish in a small bowl.

Spread 2 teaspoons of the mayonnaise mixture on each roll with about ¼ cup pork.

NUTRITION PER SERVING

340 calories
23 grams fat
16 grams protein
17 grams carbs
268 mg sodium
306 mg potassium
175 mg phosphorus

Tacos de Carnitas

SERVINGS: 12

INGREDIENTS

- 1 (3-pound) boneless pork shoulder (Boston butt), trimmed
- 10 garlic cloves, sliced
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon freshly ground black pepper
- ¼ cup orange juice
- 2 Tablespoons fresh lime juice
- 2 chipotle chili peppers canned in adobo sauce, drained and chopped
- 12 (8 inch) flour tortillas, warmed
- ⅔ cup chopped onion
- ¾ cup bottled green salsa
- ¾ cup chopped fresh cilantro
- 12 lime wedges

DIRECTIONS

Make ½-inch-deep slits on outside of roast; stuff with garlic.

Combine cumin, oregano, and black pepper in a small bowl.

Place roast in a slow cooker. Sprinkle pork on all sides with spice mixture.

Combine orange juice, lime juice, and chipotle chili peppers.

Pour juice mixture over pork.

Cover and cook on LOW for 8 hours or until pork is tender.

Remove pork from slow cooker; shred with 2 forks. Skim fat from cooking liquid.

Combine shredded pork and ½ cup cooking liquid; toss well.

Spoon 1/12 pork mixture onto each tortilla, top each with 1 teaspoons onion, 1 ½ teaspoons salsa, and 1 ½ teaspoons cilantro. Serve with lime wedges.

NUTRITION PER SERVING

313 calories
8 grams fat
30 grams protein
30 grams carbs
445 mg sodium
534 mg potassium
323 mg phosphorus

Caribbean Style Pork

SERVINGS: 8 *serving size: ½ cup pork mixture with ½ cup rice*

INGREDIENTS

1 (2-pound) boneless center-cut pork loin roast, trimmed
1 teaspoon olive oil
2 medium bell peppers,
6 green onions, cut into 1-inch pieces
Cooking spray
2 Tablespoon hoisin sauce
1 Tablespoon lower-sodium soy sauce
1 Tablespoon fresh lime juice
2 Tablespoons peanut butter
1 teaspoon cumin seeds, crushed
½ teaspoon crushed red pepper
2 garlic cloves, minced
4 cups hot cooked white rice
4 Tablespoons diagonally sliced green onions

DIRECTIONS

Cut roast into 1-inch pieces. Sauté pork in oil in a skillet for 5 minutes or until brown.

Place pork, bell pepper, and green onion pieces in a 4-quart slow cooker coated with cooking spray, stir well.

Combine the rest of the ingredients (besides rice and green onions) in a small bowl, stir until blended evenly.

Pour mixture over pork and vegetables, stir well.

Cook on LOW for 8 hours.

Serve ½ cup pork mixture over ½ cup cooked rice, sprinkle with sliced green onions.

NUTRITION PER SERVING

338 calories
10 grams fat
29 grams protein
32 grams carbs
138 mg sodium
632 mg potassium
298 mg phosphorus

Patricia S's Cranberry Pork Roast (DCI)

SERVINGS: 10

INGREDIENTS

2 Tablespoons olive oil
2 ½ pounds pork butt with bone
½ cup chopped apple
2 onions, thinly sliced
2 teaspoon garlic powder
½ teaspoon black pepper
1 ½ cup dried cranberries
1 teaspoon dried thyme
2 Tablespoon small pearl tapioca

DIRECTIONS

Sear all sides of roast in olive oil over medium-high heat.

Place roast fat side up in slow cooker.

Combine apple juice, onions, garlic powder, black pepper, cranberries, thyme and tapioca, and spoon over roast.

Cover roast and cook on LOW for 8 to 10 hours.

Serve with rice or noodles.

NUTRITION PER SERVING

427 calories
25 grams fat
21 grams protein
32 grams carbs
79 mg sodium
412 mg potassium
226 mg phosphorus

Barbara's "Chicken-Lickin" Good Pork Chops (DCI)

SERVINGS: 6 *Serving size: 1 chop with ½ cup cooked rice*

INGREDIENTS

6 lean pork sirloin chops, 1-2 inches thick
½ cup white flour
1 ½ teaspoon dry mustard
½ teaspoon garlic powder
1 teaspoon black pepper
2 T oil
1 ½ cups unsalted chicken stock
1 medium onion, sliced
3 cups cooked rice

DIRECTIONS

Dredge pork chops in mixture of flour, dry mustard, garlic powder, and pepper.

Brown chops in oil in large skillet, then place chops in slow cooker.

Pour chicken stock over pork chops and place sliced onions on top.

Cover cook on LOW for 6 to 8 hours.

Serve with cooked rice.

NUTRITION PER SERVING

342 calories
12 grams fat
26 grams protein
31 grams carbs
71 mg sodium
466 mg potassium
286 mg phosphorus

Beef Recipes





Shepherd's Pie

SERVINGS: 4

INGREDIENTS

1 Tablespoon vegetable oil
1 medium onion, diced
2 cloves garlic, minced
1 pound lean ground beef
1 Tablespoon no salt tomato paste
1 teaspoon Worcestershire sauce
1 teaspoon dried thyme
Pinch of pepper
1 Tablespoon cornstarch
1 cup frozen peas and carrots mix

DIRECTIONS

In a skillet over medium heat, warm oil. Add onion and cook, stirring, until translucent, 3 minutes. Add garlic and cook 30 seconds longer.

Add beef, increase heat to medium-high and cook, breaking up chunks, until meat is cooked through and beginning to brown, 8 minutes.

Stir in tomato paste, Worcestershire, thyme and pepper.

In a small cup, whisk cornstarch with 1 cup water. Add to skillet and cook, stirring, until liquid thickens slightly. Remove from heat; transfer to slow cooker.

Layer vegetables on top of meat; Cover, turn slow cooker to LOW and cook for 3 hours.

May serve on rice.

NUTRITION PER SERVING

405 calories
27 grams fat
23 grams protein
18 grams carbs
158 mg sodium
585 mg potassium
249 mg phosphorus

Balsamic Pot Roast with Low Potassium Potatoes

SERVINGS: 10 *serving size: 3 ounces meat with sauce and ⅓ cup potatoes*

INGREDIENTS

1 (3 pound) boneless chuck roast
1 cup no sodium beef broth
½ cup balsamic vinegar
1 Tablespoon Worcestershire sauce
1 Tablespoon low sodium soy sauce
1 Tablespoon honey
½ teaspoon red pepper flakes
4 cloves garlic, smashed
3 cups diced potatoes

DIRECTIONS

Mix together the beef broth, balsamic, Worcestershire sauce, soy sauce, honey, red pepper flakes, and garlic in a bowl.

Place roast in a slow cooker and pour mixture on top.

Cook on LOW for 6-8 hours.

Prepare leached potatoes separately: Cut potatoes into small pieces and boil in a large pot of water. Drain water.

Stir potatoes into meat juices or top with gravy when serving pot roast.

NUTRITION PER SERVING

304 calories
16 grams fat
28 grams protein
13 grams carbs
140 mg sodium
600 mg potassium
270 mg phosphorus

Bow Tie Noodles with Beef

SERVINGS: 5 *serving size: ¾ cup of beef with sauce and ½ cup of noodles*

INGREDIENTS

1 pound flank, round, or seven steak, cut against grain
1 medium onion, chopped
2 Tablespoons brown mustard
½ teaspoon black pepper
1 cup sliced mushrooms
3 garlic cloves, minced
¼ cup white flour
1 cup low-sodium beef broth
½ cup sour cream
2 ½ cups cooked bow tie noodles

DIRECTIONS

Cut steak into slices. Place steak into a slow cooker along with onion, mustard, pepper, mushrooms, and garlic, stir well.

Place flour and broth into a small bowl, stirring with a whisk until blended.

Add broth mixture to slow cooker, and stir well.

Cover pot and cook on HIGH setting for 1 hour. Reduce to LOW heat setting, and cook for 7 to 8 hours or until steak is tender.

Turn slow cooker off, and remove lid. Let beef mixture stand for 10 minutes.

Stir in sour cream.

Serve on top of cooked bow tie noodles.

NUTRITION PER SERVING

307 calories
9 grams fat
26 grams protein
30 grams carbs
238 mg sodium
510 mg potassium
277 mg phosphorus

Salisbury Steak

SERVINGS: 8

INGREDIENTS

2 pounds. ground beef
¼ cup minced onion
2 Tablespoons salt free ketchup
2 Tablespoons A-1 Steak Sauce
½ cup oats
1 eggs
1 cup reduced sodium beef stock

DIRECTIONS

In a large bowl mix ground beef, minced onion, oats, ketchup, A-1 and egg and form into patties.

When ready to cook, place patties in bottom of slow cooker.

Pour beef stock and over patties. Cook on LOW for 4-6 hours, until beef is well done.

NUTRITION PER SERVING:

371 calories
30 grams fat
20 grams protein
6 grams carbs
164 mg sodium
338 mg potassium
187 mg phosphorus

Asian Lettuce Wraps with beef

SERVINGS: 4

INGREDIENTS

1 pound lean ground beef 80% lean
1 onion, diced
2 cups mushrooms, diced
2 Tablespoons reduced sodium soy sauce
½ cup water
1 Tablespoon minced garlic
2 Tablespoons curry powder
1 teaspoon cumin
1 teaspoon black pepper
¼ teaspoon cinnamon
2 cups cooked white rice
2 heads of romaine lettuce, washed
Chopped green onions

DIRECTIONS

Stir together beef, onion, mushrooms, soy sauce, broth and spices into the slow cooker.

Cover slow cooker and cook on LOW for 7- 9 hours

After cooking time, stir in 2 cups of cooked white rice and heat on LOW for an additional 15 to 30 minutes, until rice is warm.

Serve beef and rice mixture in lettuce leaves, topped with green onion and chopped romaine.

NUTRITION PER SERVING

495 calories
24 grams fat
25 grams protein
44 grams carbs
313 mg sodium
565 mg potassium
283 mg phosphorus

BEEF

Hamburger Soup

SERVINGS: 10

INGREDIENTS

1 ½ pounds of ground beef
3 carrots, chopped
4 celery stalks, chopped
1 large shallot, chopped
4 cloves of garlic, pressed
1 (14 ounce) can no salt diced tomatoes
1 Tablespoon brown sugar
4 cups low sodium chicken broth
2 Tablespoons dried oregano
2 Tablespoons dried basil
3 cups of cooked elbow noodles

DIRECTIONS

Brown the ground beef in a pan.

Add the cooked ground beef, carrots, celery, shallots, garlic, tomatoes, brown sugar and beef broth into the slow cooker.

Give it a good stir, and then add pepper, oregano and basil. Place lid on top and cook over LOW heat for about 6 to 8 hours.

Add 3 cups of cooked noodles.

Serve into bowls and sprinkle mozzarella cheese on top.

NUTRITION PER SERVING

268 calories
15 grams fat
16 grams protein
19 grams carbs
103 mg sodium
455 mg potassium
159 mg phosphorus

Beef and Apple Curry Stew

SERVINGS: 10 *serving size: 1 ½ cup*

INGREDIENTS

3 medium carrots, peeled and chopped
3 celery ribs, chopped
1 medium onion, chopped
2 pounds boneless beef stew meat, cut into one-inch cubes
3-4 Tablespoons curry powder
3 ½ cups low sodium beef broth
2 cloves garlic, peeled and crushed
3 granny smith apples, peeled and chopped
Pepper to taste

DIRECTIONS

In slow cooker, layer potatoes, carrots, celery, onion, and stew meat. Optional: Add garlic, banana or apple.

Sprinkle curry powder over meat.

Cover mixture with chicken broth.

Cover slow cooker and cook on LOW for 7-9 hours.

Optional: During the last 30 minutes of cooking add flour-water mixture to curry and stir well. Cover and cook on LOW for 30 minutes.

Mix well before serving.

NUTRITION PER SERVING

165 calories
5 grams fat
22 grams protein
11 grams carbs
111 mg sodium
548 mg potassium
229 mg phosphorus

Open Faced French Dip Sandwiches

SERVINGS: 6

INGREDIENTS

2 pound beef chuck roast
2 cloves garlic, minced
½ Tablespoon herbs de Provence
3 bay leaves, broken in half
½ cup low sodium soy sauce
3 cups water
3 hoagie rolls or French bread, cut in half horizontally
¼ cup low sodium mayonnaise

DIRECTIONS

Place meat in slow cooker. Sprinkle with garlic, herbs de Provence and bay leaves. Add in soy sauce and water.

Cover and cook on LOW for 6-10 hours until the meat is tender and is easily pulled away with a fork.

To assemble the sandwiches: Take one half of a bread roll, spread with 2 teaspoons of mayonnaise and top with meat

Option to place open faced sandwich in oven and broil until bun is lightly toasted.

If desired, skim the fat off the top of the au jus remaining in slow cooker. Then, place some of the au jus into a small bowl and drizzle on top of sandwich.

NUTRITION PER SERVING

497 calories
35 grams fat
31 grams protein
11 grams carbs
499 mg sodium
463 mg potassium
282 mg phosphorus

Southwestern Pulled Brisket

SERVINGS: 10

INGREDIENTS

3 pounds beef brisket
Freshly ground black pepper
2 Tablespoons vegetable oil
5 cloves garlic, peeled and smashed
1 onion, halved and thinly sliced
1 Tablespoon chili powder
2 teaspoons ground coriander
2 teaspoons ground cumin
¼ cup apple cider vinegar
1 ½ cups water
1 cup low sodium canned, crushed tomatoes
1 to 2 whole chipotle peppers from a can in adobo sauce.
2 bay leaves
¼ cup molasses

DIRECTIONS

Season the beef generously with pepper, to taste.

Heat oil in a large skillet on the stove. Add the meat and cook until brown on both sides.

Transfer the meat to the slow cooker; leave the skillet on the heat.

Add garlic, onion, chili powder, coriander, and cumin to drippings in the skillet and stir until fragrant.

Add vinegar and boil until it's almost gone, scraping the bottom of the pan with a wooden spoon. Stir in water and pour the mixture over the brisket.

Pour in crushed tomatoes, chipotles, bay leaves, and molasses.

Cover and cook on LOW for 8 to 10 hours, until brisket until it pulls apart easily with a fork.

Leave the meat in the slow cooker and use two forks to pull it apart and stir it evenly into the sauce; season with pepper, to taste. Remove and discard bay leaves.

NUTRITION PER SERVING

408 calories
30 grams fat
24 grams protein
9 grams carbs
104 mg sodium
550 mg potassium
239 mg phosphorus

Ella Beth's Sunday Pot Roast & Veggies (DCI patient)

SERVINGS: 10

INGREDIENTS

1 Tablespoon cornstarch
8 medium carrots, cut into thirds
2 medium onions, each cut into 8 wedges
ground pepper
1 (3 pound) beef chuck roast, trimmed of excess fat
2 Tablespoons Worcestershire sauce

DIRECTIONS

In slow cooker, stir together cornstarch and 2 Tablespoons cold water until smooth.

Add in carrots and onions and pepper.

Sprinkle roast with ½ teaspoon pepper; place on top of vegetables, and drizzle with Worcestershire.

Cover and cook on LOW for 10 hours.

Transfer roast to a cutting board; thinly slice against the grain.

Place vegetables in a serving dish; pour pan juices through a fine-mesh sieve, if desired.

Serve roast with vegetables and pan juice.

NUTRITION PER SERVING

372 calories
27 grams fat
24 grams protein
8 grams carbs
161 mg sodium
584 mg potassium
246 mg phosphorus

Michelle D's Beef Fajitas (DCI)

SERVINGS: 12

INGREDIENTS

2 ½ pounds beef flank steak
1 cup chopped onion
1 green bell pepper cut into ½ in. pieces
1 Tablespoon cilantro
¼ teaspoon garlic powder
1 teaspoon chili powder
1 teaspoon ground cumin
1 teaspoon ground coriander
12 flour 8" tortillas

DIRECTIONS

Cut flank steak into 6 portions.

In the slow cooker, combine steak, onion, bell pepper, cilantro, garlic, chili powder, cumin, and coriander.

Cover and cook on LOW for 8-10 hours.

Remove meat from slow cooker and shred with a fork. Return meat back to slow cooker and stir.

To serve fajitas, spread meat mixture into tortillas.

May top with sour cream, shredded lettuce, and green chili salsa if desired.

NUTRITION PER SERVING

265 calories
12 grams fat
14 grams protein
25 grams carbs
330 mg sodium
248 mg potassium
124 mg phosphorus

Lucia's Sweet Chili (DCI)

SERVINGS: 12

INGREDIENTS

3 pounds ground beef brown and drain
2 large onions, chopped
2 medium carrots, grated
2 medium celery stalks, chopped
1 Tablespoon garlic, finely chopped
1 Tablespoon dried oregano
2 teaspoons black pepper
3 bell peppers: 1 small red pepper, 1 small green, 1 small orange, chopped
1 Tablespoon no salt added tomato paste
2 ½ cups unsalted fat free beef broth

DIRECTIONS

Brown beef in a skillet.

Drain beef and place on the bottom of a slow cooker.

Add in all other ingredients on top of the beef besides tomato paste and broth.

Mix tomato paste and beef broth separately until lumps are out, add into slow cooker.

Cook on LOW for 6-8 hours.

Serve over rice or with bread.

NUTRITION PER SERVING

365 calories
29 grams fat
20 grams protein
6 grams carbs
111 mg sodium
510 mg potassium
201 mg phosphorus

Janice D's Beef Stew (DCI)

SERVINGS: 6

INGREDIENTS

1 pound beef stew, cut into cubes
3 Tablespoon flour
black pepper
1 small onion
1 cup sliced carrots
1 cup peas
1 cup corn
½ cup canned, no salt, diced tomatoes
½ Tablespoon vegetable oil
1 cup low sodium chicken broth

DIRECTIONS

Place flour, pepper, and stew beef in a large plastic bag. Shake until beef is coated.

In a small skillet brown the stew meat. Place meat in slow cooker.

Add remaining ingredients to slow cooker.

Cook on LOW for 6-8 hours.

Serve over cooked rice.

NUTRITION PER SERVING

175 calories
5 grams fat
20 grams protein
14 grams carbs
113 mg sodium
491 mg potassium
214 mg phosphorus

Brenda F's Steak Soup (DCI)

SERVINGS: 12 *serving size: 1 cup*

INGREDIENTS

2 pounds top round steak
⅓ cup all purpose flour
4 cups water
6 cups no sodium beef or chicken broth
3 carrots sliced
2 small onions, chopped
1 celery rib chopped
1 (14.5 ounce) can diced tomatoes no sodium
1-2 teaspoons pepper

DIRECTIONS

Toss together steak and flour.

Brown steak in oil in a large skillet over medium-high heat for 5-6 minutes.

Stir together steak, 4 cups water, and remaining ingredients in slow cooker.

Cook covered on LOW for 8 hours or until vegetables are tender.

NUTRITION PER SERVING

153 calories
4 grams fat
20 grams protein
10 grams carbs
102 mg sodium
581 mg potassium
224 mg phosphorus

Robyn M's Chipotle Shredded Beef

SERVINGS: 10

INGREDIENTS

- 1 (3 pound) chuck roast
- 2 to 3 whole chipotle peppers from a can in adobo sauce
- 1 (14.5 ounce) can diced tomatoes no sodium
- 2 cups reduced sodium broth of choice
- 2 bay leaves
- 10 (6 inch) flour tortillas

DIRECTIONS

Put tomatoes and peppers in a blender briefly to puree.

Put roast in slow cooker, cover with tomato mixture and broth.

Cover slow cooker and cook on LOW for 8 to 10 hours.

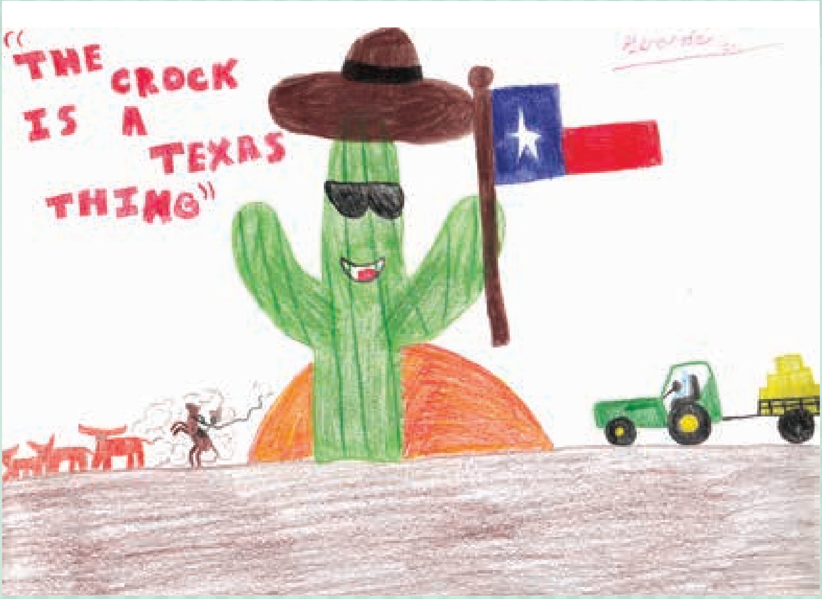
Remove meat and strain liquid. Shred beef with two forks (cut off fat) and place back in strained liquid to keep moist/warm.

Serve in tortillas.

NUTRITION PER SERVING

431 calories
29 grams fat
26 grams protein
15 grams carbs
381 mg sodium
506 mg potassium
258 mg phosphorus

Turkey Recipes





Thanksgiving in a Slow Cooker

SERVINGS: 6

INGREDIENTS

- 18 ounces turkey breast or thigh
- 1 teaspoon of no salt poultry seasoning
- ½ teaspoon chicken bouillon powder
- 1 cup canned cranberry sauce
- ½ cup chopped celery
- 2 cups chopped carrots
- ½ cup chopped onion

DIRECTIONS

Place turkey breast in slow cooker and sprinkle with poultry seasoning and bouillon granules.

Add cranberry sauce on top with the vegetables.

Cover with lid; turn on high and slow cook for 4 hours.

Serve with Rolls and Salad.

NUTRITION PER SERVING

193 calories
2 grams fat
21 grams protein
24 grams carbs
183 mg sodium
450 mg potassium
198 mg phosphorus

Creamy Turkey Meatballs

SERVINGS: 10 *serving size: 2 meatballs*

INGREDIENTS

- 2 pounds ground turkey, 93% lean
- ½ cup grated Parmesan cheese
- 1 large egg
- ½ cup rolled oats
- 2 Tablespoons Italian seasonings
- ½ teaspoon pepper
- 1 teaspoon minced garlic
- 2 cups low sodium chicken broth
- 1 cup sour cream
- ½ cup flour
- (optional) fresh, chopped parsley

DIRECTIONS

Mix everything together in a bowl, besides broth, sour cream, flour, and parsley.

Form 20 meatballs and set aside.

In another bowl, stir together sour cream and broth; pour half of that mixture on the bottom of your slow cooker. Reserve the rest of the broth mixture in the refrigerator until the last hour of cooking.

Add meatballs to slow cooker and cook on LOW for 7-8 hours until meatballs are cooked through.

Add flour to the reserved broth mixture in a saucepan over medium heat until the sauce thickens.

Pour sauce over the meatballs and cook an additional ½-1 hour.

Sprinkle with some fresh parsley.

May serve over pasta.

NUTRITION PER SERVING

301 calories
15 grams fat
24 grams protein
19 grams carbs
180 mg sodium
302 mg potassium
284 mg phosphorus

Nettie M's Turkey Meatloaf (DCI)

SERVINGS: 6

INGREDIENTS

1 ½ pounds ground turkey, 93% lean
1 Tablespoon vegetable oil
1 medium egg, beaten
½ cup oats
½ cup diced onion
1 garlic clove, chopped fine or 1 teaspoon minced garlic
½ teaspoon black pepper
1 Tablespoon balsamic vinegar
1 teaspoon prepared mustard
¼ cup brown sugar

DIRECTIONS

Mix all ingredients (except vinegar, sugar, and mustard) and form into a loaf shape.

Cross two strips of parchment paper along bottom and sides of slow cooker (making an X) to form a "sling" for the meatloaf.

Place the meatloaf onto the parchment.

Mix the vinegar, sugar and mustard together and spread onto top of meatloaf.

Cook on low for 8 hours.

Once cooked through, remove from slow cooker by lifting the four strips of parchment.

Slice into pieces and serve.

NUTRITION PER SERVING

295 calories
13 grams fat
25 grams protein
20 grams carbs
102 mg sodium
345 mg potassium
307 mg phosphorus

Savory Turkey Breasts

SERVINGS: 12

INGREDIENTS

4 pound bone in turkey breast
3 medium celery stalks ,diced
1 medium onion, diced
¼ cup low sodium chicken broth
2 cloves garlic, minced
1 teaspoon each oregano, sage, thyme, paprika
2 teaspoons salt free seasoning blend

DIRECTIONS

Rinse the turkey breasts and pat dry. Cut off any excess skin, but leave the skin covering the breasts.

Combine the dried spices in a small bowl and rub the mixture all over outside of the turkey and under the skin.

Layer the celery, onion, and garlic in the bottom of the slow cooker.

Place the seasoned turkey breast a slow cooker.

Pour the broth over the turkey.

Cover and cook on LOW for 7 hours.

NUTRITION PER SERVING

235 calories
10 grams fat
32 grams protein
1 grams carbs
91 mg sodium
430 mg potassium
277 mg phosphorus

Turkey Legs a la Slow Cooker

SERVINGS: 6

INGREDIENTS

1 teaspoon dried thyme
2 whole turkey legs (about 1 ½ pounds), cut at joints into drumsticks and thighs, skin removed
1 Tablespoon olive oil
2 teaspoon salt free seasoning blend
2 medium onions, coarsely chopped
2 medium carrots, peeled, chopped
2 celery stalks, chopped
6 garlic cloves, minced
½cup dry red wine
1 cup no salt diced tomatoes in juice
¼ cup chopped fresh Italian parsley
1 teaspoon grated lemon peel

DIRECTIONS

Rub thyme over turkey; sprinkle with salt free seasoning blend.

Transfer to 6-quart slow cooker.

Heat oil in large nonstick skillet over medium-high heat. Add onions, carrots, and celery, sauté 8 minutes. Stir in 4 minced garlic cloves.

Transfer vegetables to slow cooker.

Add wine to skillet; boil until reduced by ⅓, about 1 minute.

Pour wine and tomatoes with juice over turkey.

Cover and cook on LOW until turkey is very tender and falls off the bone, around 7 to 8 hours.

Mix parsley and remaining garlic in a separate bowl.

Remove turkey from pot. Pull meat from bones and divide meat among 6 bowls.

Serve with sauce and sprinkle with the garlic parsley mixture.

NUTRITION PER SERVING

191 calories
5 grams fat
24 grams protein
9 grams carbs
109 mg sodium
544 mg potassium
226 mg phosphorus

Other Recipes





Ratatouille

SERVINGS: 4

INGREDIENTS

3 cups cubed eggplant (peeled if desired)
1 cup chopped yellow summer squash or zucchini
1 cup no salt tomato sauce
½ cup chopped red or green sweet pepper
½ cup finely chopped onion
¼ teaspoon ground black pepper
2 clove garlic, minced
1 teaspoon olive oil
1 Tablespoon basil
8 1(/2-inch-thick) slices baguette-style French bread
3 Tablespoons finely shredded Parmesan cheese

DIRECTIONS

In a slow cooker, combine eggplant, squash, tomato sauce, sweet pepper, onion, black pepper, and garlic.

Cover and cook on LOW for 5 hours.

Serve on top of toasted French bread. Sprinkle with Parmesan.

NUTRITION PER SERVING

271 calories
4 grams fat
11 grams protein
49 grams carbs
487 mg sodium
603 mg potassium
159 mg phosphorus

Lentil Barley Soup

SERVINGS: 6

INGREDIENTS

½ cup lentils
3 stalks celery, chopped
1 cup pearled barley
½ teaspoon oregano
6 cups vegetable stock, low sodium
2 cups water
½ teaspoon ground cumin
½ onion, chopped
¼ teaspoon black pepper
2-3 garlic cloves, minced
⅛ teaspoon red pepper flakes
2 carrots, diced

DIRECTIONS

Place all ingredients in slow cooker.

Cook on LOW for 8 to 10 hours until lentils, barley and vegetables are tender.

NUTRITION PER SERVING

223 calories
2 grams fat
13 grams protein
41 grams carbs
106 mg sodium
570 mg potassium
230 mg phosphorus

Shrimp and Rice Casserole

SERVINGS: 8

INGREDIENTS

- 1 pound frozen shrimp, deveined, pre-cooked, peeled, & tail off
- 2 cups uncooked white rice
- 3 cups low sodium chicken broth
- 1 cup low sodium tomatoes
- 4 ounce can green chili peppers, no salt added if available
- 1 yellow onion, chopped
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 teaspoon pepper
- 1 Tablespoon garlic powder
- 1 teaspoon dried parsley

DIRECTIONS

Put everything in the slow cooker and stir to combine.

Cook on LOW for 6-8 hours.

Serve hot.

NUTRITION PER SERVING

240 calories
2 grams fat
13 grams protein
42 grams carbs
409 mg sodium
313 mg potassium
233 mg phosphorus

Jimmy's Deer Chili (DCI)

SERVINGS: 10

INGREDIENTS

- 3 medium onions, chopped
- 4 garlic cloves, minced
- 2 pounds deer meat (ground venison)
- 1 large green bell pepper
- 1 ½ Tablespoons ground cumin
- 1 ½ Tablespoons chili powder
- 1 cup canned, no salt, diced tomatoes
- 1 cup cooked, no salt kidney beans
- 1 cup cooked, no salt black beans

DIRECTIONS

Sauté onions and garlic in a saucepan for a few minutes.

Then add deer meat until it's brown.

Add the rest of the ingredients, besides the beans, to the slow cooker

Cook on LOW for 6 hours

15 minutes before serving, add the beans to the slow cooker and stir.

NUTRITION PER SERVING

175 calories
3 grams fat
25 grams protein
13 grams carbs
60 mg sodium
543 mg potassium
249 mg phosphorus

Dinner Rolls

SERVINGS: 8 *serving size: 1 roll*

INGREDIENTS

1½ cups warm water
¾ Tablespoons yeast
1 teaspoon sea salt
3½ cups flour
2 Tablespoons unsalted butter

DIRECTIONS

In a mixing bowl stir together water, yeast and salt.

Add flour and mix to combine. The dough will be pretty sticky.

Cover dough and let rise until doubled in size.

Punch dough down and use immediately or re-cover and refrigerate until use.

When ready to bake, line a large slow cooker with greased parchment paper.

Divide dough into 8 equal sections.

Form dough into balls and place in slow cooker.

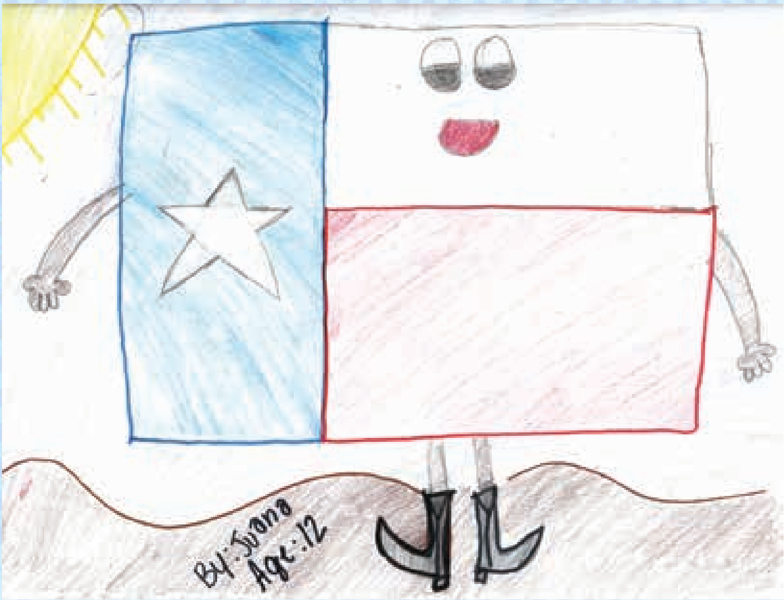
Cover slow cooker and bake on high for 1 - 1 ½ hours, or until rolls are set, soft, and no longer sticky.

If you desire browned rolls, brush tops of rolls with unsalted butter or oil and broil in the oven until crust is crispy and brown.

NUTRITION PER SERVING

228 calories
4 grams fat
6 grams protein
42 grams carbs
293 mg sodium
70 mg potassium
67 mg phosphorus

Breakfast Recipes





Breakfast Casserole

SERVINGS: 3

INGREDIENTS

½ diced onion
½ bell pepper (diced)
¾ cup shredded cheddar cheese
6 eggs
½ cup milk
½ teaspoon pepper

DIRECTIONS

Lay down onions, bell pepper and cheese in the slow cooker.

Repeat the layering process two more times, ending with a layer of cheese.

Beat the eggs, milk, and pepper together.

Pour over the slow cooker mixture.

Cover and cook on LOW for 8-10 hours.

Serve with toast.

NUTRITION PER SERVING

143 calories
10 grams fat
9 grams protein
6 grams carbs
211 mg sodium
132 mg potassium
100 mg phosphorus

Robin D's Overnight Oatmeal (DCI)

SERVINGS: 6 *serving size: 1 and ¼ cup cooked oatmeal*

INGREDIENTS

8 cups water
2 cups steel-cut oats
⅓ cup dried cranberries
1 teaspoon cinnamon

DIRECTIONS

Spray inside of slow cooker with cooking oil spray.

Combine water, oats, and dried cranberries in a 5-quart slow cooker.

Cover and cook on LOW for 7 -8 hours, until the oats are tender and the porridge is creamy.

NUTRITION PER SERVING

203 calories
4 grams fat
9 grams protein
35 grams carbs
60 mg sodium
223 mg potassium
272 mg phosphorus

Mendy S's Apple Pie Breakfast (DCI)

SERVINGS: 4

INGREDIENTS

- 1 cup of steel cut oats
- 3 apples,
- 1 cup apple juice
- 3 cups water
- ½ teaspoon cinnamon (optional)

DIRECTIONS

Combine all ingredients in slow cooker.

Cover and cook on LOW for 4-6 hours, until it reaches the consistency that you like.

Give pot a stir every hour if available.

Option: to cook without stirring, add an extra cup of water and cook on LOW for 7-8 hours.

NUTRITION PER SERVING

- 251 calories
- 3 grams fat
- 7 grams protein
- 52 grams carbs
- 5 mg sodium
- 376 mg potassium
- 208 mg phosphorus

Dessert Recipes





Peach Cobbler

SERVINGS: 8

INGREDIENTS

32 ounces fresh or canned peaches, sliced and drained
⅔ cup oats
⅔ cup all-purpose flour
⅔ cup brown sugar
½ teaspoon cinnamon
¼ teaspoon nutmeg
½ cup softened butter or margarine

DIRECTIONS

Place peaches in slow cooker.

In a separate bowl, combine oats, flour, sugar, and spices. Add butter and stir until crumbly.

Pour mixture over peaches.

Cover and cook on LOW 3 hours.

NUTRITION PER SERVING

303 calories
12 grams fat
3 grams protein
48 grams carbs
15 mg sodium
138 mg potassium
27 mg phosphorus

Red Hot Applesauce Pie

SERVINGS: 8

INGREDIENTS

ground cinnamon
1 refrigerated baked pie crust
10-15 medium granny smith apples
1 cup red hot candies
½ cup water

DIRECTIONS

Peel, core, and slice the apples and place in the slow cooker.

Pour red hot candies, water, and sugar on top.

Cover and cook on LOW for 5-7 hours, stirring occasionally if available.

When Apples have completely cooked down, mash into a slightly chunky applesauce.

Spoon mixture on top of pie crust. Sprinkle cinnamon on top.

NUTRITION PER SERVING

380 calories
8 grams fat
2 grams protein
80 grams carbs
130 mg sodium
316 mg potassium
14 mg phosphorus

Andrea G's Cranberry Applesauce

SERVINGS: 5 *serving size: ½ cup*

INGREDIENTS

5 apples, cored, peeled and sliced
1 cup fresh cranberries, washed
1 cup water
1 cinnamon stick or 1 teaspoon ground cinnamon

DIRECTIONS

Combine water, apples, cranberries and cinnamon in slow cooker.

Cook on HIGH for 4-5 hours until apples are soft.

Discard cinnamon stick.

Place the mixture into a food processor and process until smooth.

Chill before serving.

NUTRITION PER SERVING

87 calories
0 grams fat
1 grams protein
23 grams carbs
0 mg sodium
164 mg potassium
21 mg phosphorus

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